

Self Directed Coaching Services

Improving Effectiveness by Overcoming Overload

You Are Unique!!

Athletes worldwide appreciate the critical role of effective coaching. The same applies to the game of life with its challenges large and small. While the challenges we all face may carry similar tones, the solutions we bring must be shaped by our unique distinctions, perspectives, talents and abilities.

Our goal is leveraging your strength to help you be your best without burning out.

What is Effective Coaching?

Coaching is a **trusting, purpose driven, highly personal relationship** between a **coach** and another person we will call a **“Client”**. Stimulated by the coach, coaching is unlocking the clients' hidden potential and using the unique talents that already exist within.

The purpose of a coaching relationship is **primarily for the benefit and under the direction of the client**. With improved effectiveness, secondary benefits will result for the Client's organization or community.

Who Are Our Clients?

We can best help you if you are a self-motivated leader or knowledge worker seeking to improve your personal and corporate effectiveness to:

- Be the best you can be without burning out
- Filter to define your roles and objectives
- Be more effective in your work and life roles
- Overcome work and information overload
- Focus to prioritize your work and life relationships
- Enhance your personal and business communication
- Control unrealistic demands and distractions
- De-clutter to simplify your work and living space
- Improve your coaching and leadership skills

Self-directed Coaching?

We believe you have access to all you need for the challenges you face. Success is more likely when you control the coaching purpose, objectives, and the coaching pace.

Using interactive conversations and simple tools, we will guide you by playing the role of :

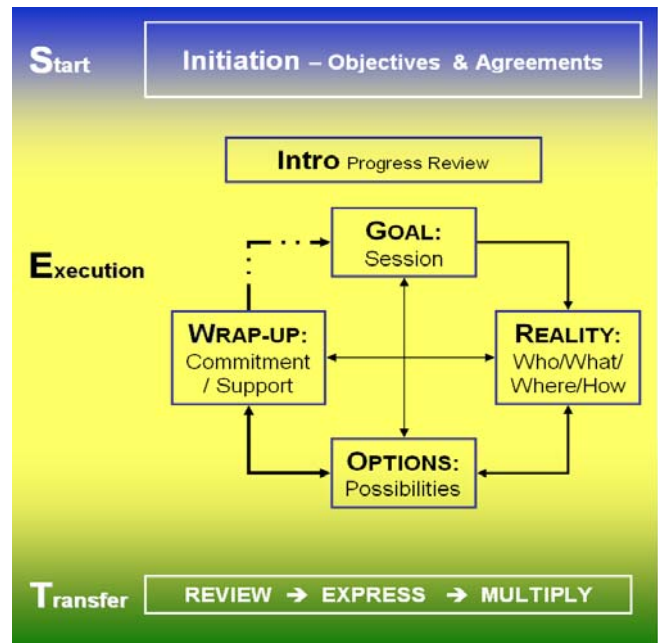
- Catalysts
- Change agents
- Sounding boards
- Advisers
- Encouragers
- Disciplined accountability partners

We bring objectivity to measure success and progress setting you on the road to continuous improvement and helping you to coach others as well.



Effective Coaching Process:

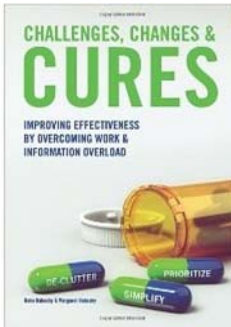
As a purpose driven relationship our effective coaching methodology leverage a disciplined process. The following three part illustrated diagram **S E I** the stage for achieving measurable results:



Start with the development clear purpose, understanding, and agreements on structure and success measurements. This is a most critical first step.

Execution This is the stage where the rubber hits the road. This reiterative process the heart of the coaching relationship. It is a series of purpose driven conversations or sessions using the model **“I G R O W”**. GROW is the most widely adapted coaching model.

Transfer: By review we highlight and share outcomes. **Skills transfer** is a powerful way to enforce the lessons learned. The **Client** is encouraged find teachable people that he/she can help by emulating the coaching model and the skills observed in the coaching relationship. This has a **multiplying benefit** for all concerned.



Optional Resources:

Our guidance and advice based on the wisdom of many respected authors and is supported by the experience and advice of many leaders and clients whom you will meet in the pages of our workshop resource books. To read inside the books see amazon.com and search by authors, **Habashy**.

Book Reviews:

"This book, offers commonsense, practical, and effective tools for dealing with your overload. I can honestly say that attention to the suggestions offered could save your life. It can certainly help you achieve a greater sense of fulfillment and accomplishment in every aspect of your life." **Archibald D. Hart, Ph.D., FPPR. Senior Professor of Psychology and Dean Emeritus, Fuller Graduate School, Author, Adrenalin and Stress**

"It is my privilege to train Life Coaches and I will be including this book as a vital part of the curriculum for anyone who is serious about taking charge of their life and impacting others." **Warwick Cooper DMin, President, Compass Coaching International**

" This book absolutely motivates! It gives you hope that you can tackle this overwhelming issue we all are wrestling with. **Pauline Maddeaux, CA, Manager, IBM Canada, Business Controls**

"... an outstanding job of mixing practical, pragmatic, and theoretical solutions to common struggles and issues faced by all of us. This book provides gripping, first-person examples; tried and tested solutions; and actionable, personal worksheets all in one place."

Ken J. Bates, SPHR, Chair, Department of Business & Economics, Houghton College

Coaches

BAHA AND MARGARET HABASHY

For over thirty-five years they have partnered in life. Working with clients as large as IBM and as small as local charities, they collaborate in helping organizations, leaders, and individuals achieve greater effectiveness and find relief from stress in an overloaded world.



24 Dewitt Court
Markham, ON L3P 3Y3
905-294-0380

Our Track Record

Client data collected by the Effectiveness and Overload Gauge™ is your proof of measurable sustainable results. Workshop participants realized an **average total improvement of 28.3%**

- **Effectiveness 25%** —improving decision making
- **Filtering 26.3%** —prioritizing wisely
- **Control 29.0%** —managing demands and distractions
- **Filing 28.9%** —eliminating information clutter



MICHELLE I. HUTCHINSON, PRESIDENT, SYNAPTIX

"As my coach, you've helped me enormously in weighing my options and making sound business decisions. ... **I have new-found confidence** in evaluating new emerging opportunities and considering their impact on my business and personal life. I appreciate the wealth of experience you have in the corporate arena that you bring to your coaching practice. After applying your techniques and insights **I am more organized, clear about my priorities, and have the advantage of greater freedom from overwhelm!**"



GEORGE J. ABATE, VICE PRESIDENT, XEROX

"In the months since we have participated in the workshop and **follow-on coaching** sessions, I believe we have made significant progress in improving our personal effectiveness. This bears out in the numbers- the Effectiveness and Overload Gauge **improved by 31 %** comparing results taken before the workshop to results taken 8 weeks after. I also believe that as a result of the improvement in their work lives that **my team's personal lives and overall work/life balance** have improved. I know that mine has I "

Imagine the Benefits

Take a moment to imagine the benefits of focusing on your higher value roles, goals, and activities. Imagine more effectiveness and less stress. Like many of our clients what you imagine can be your true experience. Contact us today to find out how the Overcoming Overload Workshop can noticeably improve your personal and corporate effectiveness by overcoming work and information overload.

More?

Test your personal overload gauge:

<http://www.nomoreoverload.com/test.html>

90 second intro video:

<http://www.nomoreoverload.com/media/PP/OOW-Intro/index.htm>

Client evaluation letters:

<http://www.nomoreoverload.com/ClientSay/Sats.html>